

You can also view and print the newsletter on our website at [www.hchealth.org](http://www.hchealth.org) (click on Healthy Howard Initiative, then click on Healthy Workplaces and look for the Newsletter link.) To subscribe to this monthly newsletter, email [healthyworkplaces@howardcountymd.gov](mailto:healthyworkplaces@howardcountymd.gov).

May 2010  
Healthy Workplaces Newsletter  
Howard County Health Department

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***This Month's Wellness Tip:***  
**Preventing, Recognizing, and Responding to Stroke**

May is American Stroke Month. Stroke is the third-leading cause of death and disability in America, but many people are unaware of the ways they can manage their health to minimize their risk of stroke or how to recognize and respond to someone suffering from a stroke. Many risk factors are controllable, either through lifestyle changes or medical treatment. These include high blood pressure, atrial fibrillation (an irregular heartbeat), high cholesterol, diabetes, tobacco use and smoking, alcohol use, physical activity, and obesity.

Additionally, there are effective treatments for dealing with stroke, but some must be administered within a few hours of the start of the stroke, making it crucial for people to quickly recognize the symptoms and know how to respond.

Here are a few things you can do in your workplace to help your employees manage their risk factors and respond effectively to signs of stroke:

- Prevent stroke by helping your employees to manage their risk factors. This can include such measures as providing on-site blood pressure screening and referral to appropriate medical treatment, encouraging physical activity by offering discount gym memberships or classes on-site, or connecting employees with resources to assist them in quitting smoking.
- Teach your employees to recognize the symptoms of stroke: SUDDEN numbness or weakness of face, arm or leg (especially on one side of the body); SUDDEN confusion, trouble speaking, or understanding; SUDDEN trouble seeing in one or both eyes; SUDDEN trouble walking, dizziness, loss of balance, or coordination; SUDDEN severe headache with no known cause. Call 9-1-1 immediately if someone has any of these symptoms, and note the time that the symptoms began.
- If you think someone may be having a stroke, do this simple test. Act FAST:
  1. Face: Ask the person to smile. Do they understand? Does one side of the face droop?
  2. Arms: Ask the person to lift both arms. Does one drift downward?
  3. Speech: Ask the person to repeat a simple sentence. Are the words slurred? Can s/he repeat it correctly?
  4. Time: If the person shows any symptoms, time is important. Call 9-1-1 or get to the hospital fast.
- Include information about how to recognize and respond to a stroke in flyers posted around the office, in your company newsletter, or in an email to employees.

You can learn more about National Stroke Awareness Month and access general information about stroke at <http://www.stroke.org/site/PageServer?pagename=SAM> .

## Healthy Workplaces News

### 1. 2010 Healthy Workplaces Application to be Release mid-May

The 2010 Healthy Workplaces application will be available within the next couple of weeks! To download your copy, visit [www.hchealth.org](http://www.hchealth.org) and click Healthy Howard Initiative, then Healthy Workplaces. Many questions about the application and benefits of applying are answered in the instructions and in our FAQ. Even if you are not very far along in your wellness initiative, many participants find that just reading through the application gives them ideas for how to improve their wellness programs!

The application deadline will be **Friday, August 27**. If you have any questions about the application, please contact [healthyworkplaces@howardcountymd.gov](mailto:healthyworkplaces@howardcountymd.gov) or (410) 313-6268.

### 2. Program Development Assistance Available from the Health Department

Can't wait to get started on improvements to your wellness program? As always, we are here to help! Whether you're just getting started or are hoping to find assistance with a specific topic, we are happy to put you in touch with the resources that will help you in achieving your worksite wellness goals. Feel free to contact us anytime at [healthyworkplaces@howardcountymd.gov](mailto:healthyworkplaces@howardcountymd.gov) or (410) 313-6268.

### 3. Staffing Update

Beginning in May, please direct all Healthy Workplaces-related inquiries or communications to [healthyworkplaces@howardcountymd.gov](mailto:healthyworkplaces@howardcountymd.gov) or (410) 313-6268.

## Upcoming Community Events

### 4. Howard County Heart Ball, May 1

The 15th annual Howard County Heart Ball will be held on Saturday, May 1st, 2010, at Laurel Park in Laurel, Maryland. The Heart Ball is one of the premier social events in Howard County in support of the American Heart Association's goal to reduce coronary heart disease, stroke and risk by 25% by the year 2010. Heart disease and stroke together claim more lives than any other disease, putting people of all ages -- from infants to the elderly -- at risk. We appreciate the generosity of our corporate and community friends who support the Howard County Heart Ball event. This enables the American Heart Association to work every day to advance groundbreaking medical research, spread lifesaving knowledge and achieve stronger, longer lives for people.

Approximately 400 guests will gather at Laurel Park to celebrate and pay tribute to our supporters who help further our mission. The evening will begin at 7:00 p.m. with a reception, including hors d'oeuvres and a silent auction followed by a sensational dinner, live auction and music. Corporate sponsorships, patron sponsorships or table purchases are available.

Saturday, May 1, 7 pm – midnight

Laurel Park, 3600 Laurel Fort Meade Road, Laurel

Tickets and more information available online at [www.heart.org/howardmdheartball](http://www.heart.org/howardmdheartball)

### 5. Health Freedom Walk, May 1

**Health Freedom Walk: A Path to Wellness-** a walk that promotes increased physical activity while making creative use of Maryland's integral role in the Underground Railroad. It is during this walk participants have the opportunity to reflect upon the struggle for freedom as they follow a map outlining historic landmarks in Howard County crossed by the Underground Railroad. Howard County and Baltimore County have partnered to kick off the first of an eight walk season.

The 3-mile walk starts at the Benjamin Banneker Museum in Oella and winds through the paths of Ellicott City to the Colored School then returns to the Banneker Museum. The Buffalo Soldiers are on hand with artifacts. Omega Psi Phi Fraternity plays a key role at the event by providing help along the route. Health screenings and health vendors are on hand to promote wellness.

More information, including registration fees, can be found at <http://www.healthfreedominc.com/hwrdbaltcountywalk.html>.

Saturday, May 1, 7:45 am

Benjamin Banneker Museum  
300 Oella Avenue, Catonsville, MD

6. Maryland Horse Country Tour de Cure, May 8

Tour de Cure is a series of fundraising cycling events held across the country to benefit the American Diabetes Association. It is a ride, not a race, with a variety of distances to accommodate all levels of cyclists. Individuals or teams raise money to prevent and cure diabetes, then participate in an inspiring ride followed by socializing and delicious refreshments. A fun way to get moving while supporting a great cause. Also a great team-building event! Find more information or register online at [www.diabetes.org/tour](http://www.diabetes.org/tour) or contact Julie Frieman at (410) 265-0075, x4675.

Saturday, May 8, at the Glenwood Community Center in Cooksville  
Registration fee is \$15 until March 30, then \$25.

7. Asian Festival and Health Fair, May 8

Howard County is pleased to host the Asian Festival, which will showcase the cultures of several Asian nations through a wide range of cultural activities, arts and crafts, regional foods, and entertainment in addition to a health fair. The health fair will feature basic screenings on-site in addition to providing information on a variety of health topics. This event is open to the general public.

Saturday, May 8, 11 am – 4 pm  
Howard High School – 8700 Old Annapolis Road, Ellicott City

8. Fitness and Sports Medicine Clinic at the Mall, May 15

As part of its ongoing partnership with The Mall in Columbia, Howard County General Hospital: A Member of Johns Hopkins Medicine is hosting a free Fitness and Sports Medicine Clinic on Saturday, May 15 from 10 am to 2 pm in the Lord and Taylor Court. Talk to physician experts; participate in screenings; and learn fitness tips and ways to incorporate more movement into your life.

Screenings will include: blood pressure; osteoporosis; ankle/foot; knee; shoulder; pain management; body mass index (BMI), including height and weight; pulmonary function; physical therapy; and asthma. Other services and programs include nutrition education, seated massage demonstration, Healthy Howard education, MRSA (antibiotic-resistant flu) prevention, American Cancer Society skin analyzer, smoking cessation information, and more.

For more information about the HCGH Fitness and Sports Medicine Clinic at the Mall, please contact Howard County General Hospital at (410) 740-7601.

Saturday, May 15, 10 am – 2 pm  
The Mall in Columbia, Lord and Taylor Court

9. ADA Workshop for Small Businesses, May 26

Howard County's Department of Citizen Services, Disabilities Services Division, will hold a free workshop for small businesses entitled "A Disability-Friendly Business IS Beneficial for Business" on Wednesday, May 26. Since over 30 percent of families have at least one family member with a disability, and over 40 percent of Americans age 65 and older have a disability, this workshop will focus on customer service techniques to ensure a welcoming environment for ALL members of the community. There will also be information on tax credits, tax deductions, and inexpensive solutions to help businesses reduce or remove physical barriers for customers and employees.

Keynote speaker will be Marian Vessels, Director of the Disability and Business Technical Assistance Center (DBTAC) for this region. ALL are welcome, but registration is required by May 14 to Joyce Lehrer, (410) 313-6431 or [jlehrer@howardcountymd.gov](mailto:jlehrer@howardcountymd.gov). Any ADA accommodations needed to attend the program should be requested at the time of registration. Seating is limited; please register early.

Wednesday, May 26, 8:30-10:30 am  
Thomas Dorsey Building, 9250 Bendix Road North, Columbia

#### 10. 3rd Annual Healthy Howard Day, June 6

Healthy Howard Day is a free event for the entire family that celebrates the importance of health and wellness in our community and raises awareness about the importance of health screenings, healthy eating, and physical activity. The event is co-sponsored by the Health Department and We Promote Health and is supported by: Howard County Government, Howard County Recreation and Parks, Howard County Public School System, Howard County General Hospital, Howard County Chamber of Commerce, Horizon Foundation, Columbia Association, YMCA of Central Maryland and Howard Community College. The day will be filled with activities including an Active Kids Zone, Health Screening Area, Healthy Restaurant Row, and physical activity demonstrations.

Interested in showcasing your worksite wellness program to the county? During this year's Healthy Howard Day, we are interested in showcasing the various programs and activities from our first group of certified Healthy Workplaces. You will be able to expose nearly 5,000 people to your organization's commitment to advancing health and wellness for your employees! If you are interested in having a booth at Healthy Howard Day, June 6, 2010, please contact Sam O'Neil at [soneil@howardcountymd.gov](mailto:soneil@howardcountymd.gov). For more information about the event, please visit <http://www.healthyhowardday.org/>

Sunday, June 6, 10am-3pm  
Centennial Park, 10000 State Route 108, Ellicott City

#### 11. WOMENFEST: A Wellness Event for Women, June 16

Mark your calendar for our second annual Howard County Office on Aging WOMENFEST, an interactive day designed to inspire women to live more balanced, healthy, and fulfilled lives. Stimulating speakers, dynamic exhibitors, exercise demonstrations, and health screenings included. For more information contact (410) 313-5442 or [ldiener@howardcountymd.gov](mailto:ldiener@howardcountymd.gov).

Wednesday, June 16, 10 am – 2 pm  
Glenwood Community Center, 2400 Route 97, Cooksville, MD

12. Get Active Howard County events calendar – ongoing community fitness classes and workshops

As the Get Active Howard County 10-week wellness initiative continues, be sure to keep tabs on the calendar for announcements about fitness classes and health workshops available for participants. Calling in advance is recommended to be sure that space is available. You can access the calendar by visiting [www.getactivehowardcounty.org](http://www.getactivehowardcounty.org) and clicking the "Calendar" link.

## **Local Resources and Services**

13. Howard County Farmers' Markets

The Howard County Economic Development Authority's agricultural Marketing Program is set to launch the 2010 Farmers' Markets at five convenient Howard County locations, including East Columbia Library, Glenwood Library, Oakland Mills Village, Miller Library, and Howard County General Hospital.

Featuring the season's freshest, locally grown produce, baked goods, fruits of the season, flowers, transplants, and organically grown produce and specialty items, these markets draw vendors and patrons from all over the region. Introducing two new locations, the 2010 Farmers' Markets schedule offers Howard County new ways to buy local and eat fresh.

For a listing of addresses and schedules, visit <http://www.hceda.org/agriculture/> and click on "Buy Local", then "Farmers' Markets".

14. First Aid: Adult Basic

Saturday, May 1, 9 am – 3:30 pm.  
\$60

Through lecture and hands-on training, learn to effectively assess and treat a wide range of ailments in emergencies. Treatments covered are for adult victims and children over 8 years old. Earn a three-year National Safety Council certification. Includes book. Held at the HCGH Wellness Center, 10710 Charter Drive, Suite 100, Columbia, MD 21044. To register call (410) 740-7601 or visit us online at [www.hcgh.org](http://www.hcgh.org).

15. Moving Through Anger

Thursdays, May 6, 13, and 20, 6-7:30 pm  
\$40

This three-week interactive class will teach you to channel your anger into a positive force, help to identify what triggers your anger, and provide you with techniques to manage these triggers. Held at the HCGH Wellness Center, 10710 Charter Drive, Suite 100, Columbia, MD 21044. To register call (410) 740-7601 or visit us online at [www.hcgh.org](http://www.hcgh.org).

16. Bring a Sack, Get Answers Back

Tuesday, May 11, 2-4 pm  
Free

Bring your medications and learn more about the prescription drugs you are taking. Held at the HCGH Wellness Center, 10710 Charter Drive, Suite 100, Columbia, MD 21044. To register call (410) 740-7601 or visit us online at [www.hcgh.org](http://www.hcgh.org).

17. Maybe Baby: Health Issues to Consider Before Pregnancy

Wednesday, May 12, 7-8:30 pm  
Free

Learn about important choices to consider when starting your family. Topics include lifestyle, parent wellness, and health care matters. Held at the HCGH Wellness Center, 10710 Charter Drive, Suite 100, Columbia, MD 21044. To register call (410) 740-7601 or visit us online at [www.hcgh.org](http://www.hcgh.org).

18. Stroke Screening

Monday, May 17, 10 am – 2 pm  
Free

Includes carotid screening, blood pressure measurement and a stroke risk questionnaire. Held at the HCGH Wellness Center, 10710 Charter Drive, Suite 100, Columbia, MD 21044. To register call (410) 740-7601 or visit us online at [www.hcgh.org](http://www.hcgh.org).

19. East Meets West

Monday, May 17, 7-8:30 pm  
Free

Your well-being is related to the energy of your body. Eastern medicine teaches us about this energy and the way you can promote a healthier you. Learn simple practices that will start you on your way.

Held at the HCGH Wellness Center, 10710 Charter Drive, Suite 100, Columbia, MD 21044. To register call (410) 740-7601 or visit us online at [www.hcgh.org](http://www.hcgh.org).

20. Skin Cancer Screening

Tuesday, May 18, and Thursday, May 20, 5-7 pm  
Free

A dermatologist will examine one or two areas of concern. Held at the HCGH Wellness Center, 10710 Charter Drive, Suite 100, Columbia, MD 21044. To register call (410) 740-7601 or visit us online at [www.hcgh.org](http://www.hcgh.org).

## 21. Smoke-Free Lungs

Thursday, May 20, 7-9 pm  
Free

Learn tips for quitting your tobacco habit and mastering long-term success. This program provides support and education for those wanting to quit as well as those who have quit. Held at the HCGH Wellness Center, 10710 Charter Drive, Suite 100, Columbia, MD 21044. To register call (410) 740-7601 or visit us online at [www.hcgh.org](http://www.hcgh.org).

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General note: This newsletter is provided for informational purposes only.  
Inclusion in this newsletter does not imply endorsement by the Health Department.

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